

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

EXERCISES for RHEUMATISM



Ready for Exercises

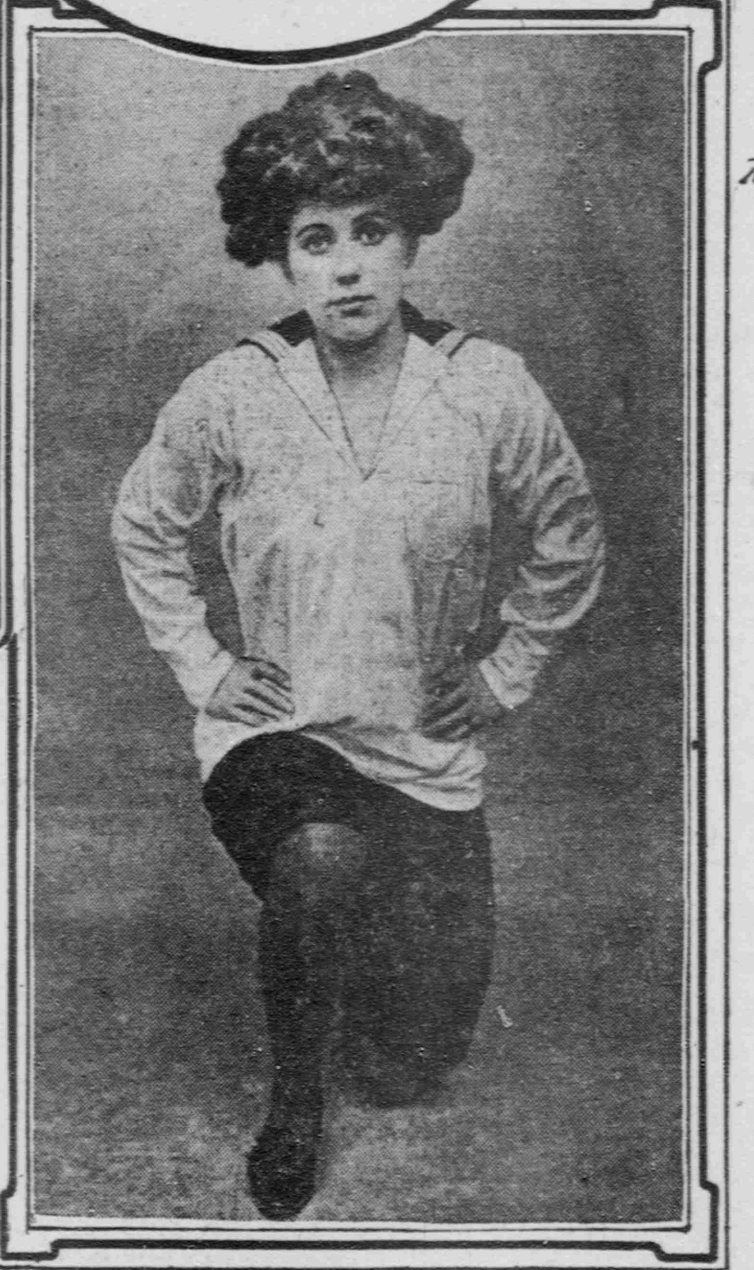


To Exercise every Muscle



To keep the Waistline Supple

To Exercise the Shoulders



To Exercise the Ankles

WHAT is rheumatism? It is a very indefinite disease, which may, however, be divided into two classes—acute and chronic. With the first, unfortunately, we can have little to do, for it seems to be a germ disease which must be treated by a physician, though I may say that it sometimes follows tonsillitis and grip, and if these two maladies are carefully treated an attack of rheumatic fever may be avoided.

It is with the second, the chronic rheumatism, which turns the sufferer into a barometer and gives him misery in his back, that I have to do. Doctors seem to agree that this disease is caused by poisons which accumulate in the joints and muscles, causing irritation and, consequently, pain. Therefore, in the treatment of rheumatism these poisons must be guarded against, and the guarding process is what I want to talk about today.

The prevention lies in healthful living; foods must be avoided, and nourishing foods must be wisely taken. Fresh air, too, plays its part, and well-ventilated rooms are always essential. Last comes exercise to keep the joints and muscles supple, and so to prevent the lodging of the poisonous substances which irritate. This exercising is a

matter of importance, and wise is the person who always keeps "in condition" so that no time will come when reasonable exercise is impossible.

The photographs on the page will give you ideas for motions which will keep each muscle flexible and young. To be ready for the exercise, stand erect, with the toes turned out and heels not too far apart. Then slowly assume a sort of squatting position, touching the floor as nearly as possible. This flexes all the leg and ankle muscles besides those around waist and hips. Repeat the process only twice at first, and more often as the exercise becomes easier. A woman well on to middle age, whom the dreaded rheumatism had attacked, took this exercise, and in a short time put her enemy to rest.

To keep the waist supple and exercise the upper part of the body, stand erect and then lean sideways, touching the floor with first one hand and then the other. By this, the shoulder and all the muscles of the upper body are brought into play, even those of neck and throat. An easy exercise this, and one that seems to keep eternal youth.

Now comes the special exercise for the shoulders. Standing erect, with hands held at the sides, bring the right arm quickly upward until the hand points

over the head. Repeat this with the left arm, and you can almost feel your shoulder blades growing free and gaining strength. Last of all, you will exercise the ankles. Stand erect and then lower yourself so that one knee rests upon the floor; the weight of your body

will be upon the ankle. Reverse the movement, resting the other knee upon the floor. In such limber joints no noxious poison could possibly find a place, and rheumatism of the chronic order would have great difficulty in assailing such a youthful set of muscles.

AIDS TO CORRESPONDENTS

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Enlarge the Legs

Dear Mrs. Symes: Please publish something that will enlarge the legs. Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

Superfluous Hair

Dear Mrs. Symes: Would you please publish a remedy for removing a heavy growth of hair from the face without injuring the skin? I am giving you the recipe for a depilatory which will remove the hair if used as directed. It is not a permanent cure, however, for the hair will grow out again and you will have to repeat the process of removing it. Sulphide of soda or calcium sulphide..... 100 grains Chalk..... 100 grains Mix thoroughly and keep in a well corked bottle until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper-knife, for example. It should be removed, as is

every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the depilated surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

The Vaucaire Tonic

Dear Mrs. Symes: Will you kindly publish the Vaucaire treatment for bust development? Is it injurious in any way to the system? ELLA MAY.

I have the recipe for the Vaucaire tonic to develop the bust. It is not at all injurious to the system, but will rather build it up: Liquid extract of galega (goats-rue)..... 3 fl. dr. Lactophosphate of lime..... 1/4 grains Tincture of fenel..... 10 grains Simple syrup..... 1 1/2 ounces before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Several Defects

Dear Mrs. Symes: Will you please give a simple but effective remedy for removing a heavy growth of hair from the face without injuring the skin? I also have a double chin.

I can give you nothing to cure broken veins, but I do advise you to have them attended to by some reliable physician. I am giving you the three other recipes you desire, and trust they will give satisfactory results.

Lotion for Enlarged Pores. Boric acid..... 1 dram Disinfecting hazel..... 4 ounces Apply with a piece of old linen or a bit of absorbent cotton.

Obstinate Freckles. Oxide of zinc..... 1/2 dram Carbolic acid..... 1/2 dram Dextrine..... 1/2 dram Glycerine..... 1/2 dram Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

To Cure Double Chin

To help to reduce a double chin, practice

the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone, then throw the head back with a quick, even movement into quick play. Repeat ten times.

2. Turn the head quickly to the right till the chin is just over the right shoulder. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

If your skin is blotchy, it is a sign that your blood is out of order. Ask your physician to give you the prescription for a good tonic.

Red Spots—Face Bleach

Dear Mrs. Symes: I would be very glad if you could publish a remedy for red spots on the face. I used to have pimples on my face. After I got rid of them, they left red spots under the skin which look as if the pimples were still there. They are especially prominent when I am outdoors. Also give me the recipe for a good face bleach.

SEVENTEEN. To make the red spots on your face noticeable, bathe them with a solution of boracic acid and witch hazel. The following recipe is a good one for a face bleach:

Pure oxide of zinc..... 1 ounce Glycerine..... 1 dram Rosewater..... 4 ounces Essence of rose..... 15 drops Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine; next, the remainder of the rosewater. Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked.

Superfluous Hair—Moles

Dear Mrs. Symes: Please give me a remedy which will permanently remove hair from the arms, and kindly tell of some remedy to remove moles and to improve the complexion. No oranges help the complexion? L. A. W.

If you will follow the advice I am giving "Anxious" and use the recipe you will be able to remove the super-

fluous hair. If you do not care to use it, you may bleach the hair with a solution made of half peroxide and half water.

I cannot give you anything to remove moles, as they are growths under the skin and require the attention of an expert. You will find that apples are much better for the complexion than oranges. If you eat an apple every night before retiring it will do good in many ways.

Pock Marks

Dear Mrs. Symes: Please publish in your paper if I could get any remedy for my smallpox marks. I am a good-looking woman—have red cheeks, good fair complexion—but my marks make me appear pretty old, for they show very much on my forehead and nose.

The only thing I can advise you to do is to bathe the marks with a mixture of boric acid and witch hazel. I cannot say whether this will remove the marks, but it will do no harm to try it.

Diet List

Dear Mrs. Symes: Will you please publish in the paper a diet list for getting thin? Do you know any remedy for decreasing the bust? I am giving a few rules for you to follow to reduce the weight—both exercise and a diet list. These will also have a tendency to decrease the bust. By all means, take no internal medicine to gain this end, for it will only ruin your general health.

Rules for the Reduction of Flesh. Avoid all starchy and sweetened food, all cereals, vegetables containing sugar, or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, if fat, is a good food, but it is very fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

MAY TAKE

Fish—Nearly all fresh fish, boiled. Meats—Lean beef, mutton or lamb, chicken, game (sparingly). Eggs—Baked or broiled on toast. Farinaceous—Stale bread, dry toast or croutons (sparingly). Vegetables—Spinach, lettuce, celery, cress, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives. Desserts—Ripe fruits only—acid varieties preferable. Drinks—One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water, stirred at end of the meal. MUST NOT TAKE. Soups, salmon, bluish, eels, salt fish.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams most cordially invites her friends to bring to her their Social Problems and Perplexities by letter at any time.

Dress Conventions

NOT only must one wear the proper gowns at the proper time during the winter, but there is also a certain formality of dressing during the summer, and this will be a matter interesting to the June bride, as well as to the girl who is about to open her summer campaign. To know what to wear and when to wear it makes it possible to choose one's wardrobe with the greatest ease and to feel a satisfaction in the right decision. Of course, in summer one does not need very formal costumes. Simple suits for the morning, fluffy gowns for the afternoon and cool, becoming gowns for the evening will be all that any one will require. Let us review the entertainments and the sports of the summer.

In the mornings only simple pleasures are usually planned—swimming, tennis, golf, walking and driving; for none of these need one wear anything but frocks of linen or gingham. Absolute plainness should be the keynote, and the wise girl will see that she never wears a frock which is not immaculately clean.

For the afternoon slightly more fluffy gowns will be useful and pretty, for usually the hours after 4 are spent in rather a leisurely way. These afternoon costumes may be muslins, dimities or gowns of some French novelty materials. A parasol, too, makes the girl more summery, and, of course, a hat, but not merely of the tailored kind. Plain hats are all very well for the morning hours, but a flowery sun hat is more suitable with light gowns. If the summer is being spent at a place where a clubhouse adds to the gaiety of the season, elaborate afternoon gowns will be useful, and they may be made of the thousand and one lovely materials which are of soft and silky texture. Then one needs a pretty house-gown for cool days. This may also do duty as a gown to wear under an ulster when the afternoon is to be spent in a carriage or in a motor car.

Usually the afternoon gown in the summer will do as well for a dinner gown, except when one is dining out. In that case a real evening gown must be at hand, although of less elaborate style than the winter evening gown. For this crepe de chine would be a charming and serviceable material, although a light and pretty organdie, daintily made, would also be very nice. The point that I want to make is this: Even though you possess a wardrobe of moderate proportions, it is well to be ready for any contingency. Do not think that because you expect to spend the summer camping you will never find any use for a dainty evening dress or for other feminine trills. You might be invited to visit some one in the neighborhood, or you might spend some days away from the woods. Better be ready and not so than go and not be ready.

Biting the Finger Nails

Dear Mrs. Symes: I have the habit of biting my finger nails, and would like to know if iodine would break me of this habit. My finger nails are very soft and crack and break very easily. Would the iodine be of any benefit to them? If so, how should I apply it? If not, kindly publish a recipe that will help them to grow over the half-moon. The flesh on my fingers grows over the half-moon. How can I avoid this? Also kindly advise me how to manicure the nails.

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